

# DON'T SWEAT THE SMALL STUFF

-AND IT'S ALL SMALL STUFF-

By: Richard Carlson, PH.D.



## WHAT IT'S ABOUT

This novel written by Richard Carlson is essentially 100 tips and strategies to help one become a more loving, peaceful, person. Carlson provides short insights on how to have a more relaxed perspective on life, and how to deal with daily stresses that come with it. Carlson speaks from his personal experiences, as well as tips he's learned from people throughout his life.



## HOW IT RELATES TO THE COURSE

This self-help book is quite the perfect choice for this course because of the useful content. While reading this book, I came across different tips/strategies that we previously discussed in class like writing gratitude letters, or as we talked about early on in the course, to smile and engage with a stranger. Those are just two examples, but there was a couple of different connections between text-to-world. This book was also a great choice to read for this course because we've talked about building our own mental toolbox to help yourself and others.



## WHAT I LEARNED

While reading this book, I learned a lot. However, to put it in shorter terms, this book taught me a lot about myself. It made me realize some of my bad habits and how they effect me, but also how to improve on them. I learned simple practices that will in the long run, help me be a more peaceful person and that will help me improve on my relationships with others.

In conclusion, this book was very helpful and I plan on using these practices in my everyday life.

BOOK OVERVIEW BY ALEXANA GOEDHART \*NOT MAIN PROJECT → THIS IS CRITICAL THINKING\*

★ ★ ★ ★ ☆ 4.5 STARS

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